



Third Eye (Ajna)

Intuition, Perception,
Imagination, Lucidity,
Astral Projection

CHAKRA NUMBER: 6

ROLE: Wisdom

FOCUS: Perception (I See)

LOCATION: Forehead

GLAND: Pineal

COLOR: Indigo

SEED SOUND: AUM (Om)

HEALING FREQUENCY: 852 Hz

SOUND: Outer Space

ELEMENT: Light

PLANET: Saturn



Affirmations

- I am insightful and intuitive
- I see clearly
- I think clearly
- My imagination is powerful
- I expand my awareness

Healing Practices

MEDITATION

Concentrate your awareness on your third eye

LUCID DREAMING

Pay attention to your dreams

CANDLE GAZING

Focus your vision on a candle flame or another static object

USE CRYSTALS

Surround yourself with the recommended crystals

AROMATHERAPY

Use the suggested scents either as incense or essential oils

DETOX

Decalcify your pineal gland

GROUNDING MUSIC

Listen to music tuned to 852 Hz healing frequency, or 852 Hz healing bowls, bells, or tuning forks

AFFIRMATIONS & MANTRAS

Use the suggested affirmations and the mantra "OM"

Foods To Heal

Purple Potatoes,
Blackberries, Plums, Purple
Grapes, Purple Carrots,
Eggplant, Purple Kale, Cacao

Essential Oils

Rosemary, Clary Sage,
Cedarwood, Patchouli,
Lemon Oil, Sandalwood

Crystals & Gemstones

Amethyst, Labradorite,
Sodalite, Purple Fluorite,
Azurite, Celestite

Health State

BALANCED

Intuitive
Clarity of Thought
Clear Vision
Imaginative

IMBALANCED

Anxiety
Lack of Clarity
Fearful
Nightmares

Yoga Poses



Lotus Position



Thunderbolt Pose



Child Pose



Eagle Pose



Downward Dog



Head to Knee Pose

Standing Forward Bend

